



## 6 Month Old Well Child Visit

Temp \_\_\_\_\_ Weight \_\_\_\_\_ Weight% \_\_\_\_\_  
HR \_\_\_\_\_ Length \_\_\_\_\_ Length% \_\_\_\_\_  
Resp \_\_\_\_\_ Head Circumference \_\_\_\_\_ Head Circ% \_\_\_\_\_

**Immunizations today: Prevnar; Rotateq; Hib & Pediarix or Hep B & Pentacel**

### DEVELOPMENT

By 6 months of age your baby should begin to do some of the following:

- Sit with/without support for brief periods
- Turn towards sounds
- Bear weight on feet when held
- Babble
- Roll over both ways
- Transfer objects between hands
- Hold head steady, with no head lag

### ACTIVITIES

- Play in bath water with toys together
- Sing songs and read stories
- Play peek-a-boo and patty-cake
- Play with blocks, push toys and toys of differing shapes and sizes
- Read picture books
- Avoid sitting baby in front of television

### SAFETY

- Carseat in the backseat, rear-facing
- Keep small objects that can be swallowed away from baby
- Avoid foods such as popcorn, nuts, hard candy and hotdogs that can choke baby
- Never leave baby alone in or near water
- Continue baby-proofing, including outlet covers, gates and latches for lower cabinets and drawers
- NO SMOKING
- No over the counter medication except Tylenol
- Do not use walkers
- Install outlet covers

**USAHC Stuttgart Germany**

Next scheduled visit is at **9 months**  
Call 430-8610 to schedule

### FEEDING

- Breastfeeding is still best. If formula feeding, continue to use Iron-Fortified formula.
- Average amount remains 24-32 ounces per day
- Introduce finger foods such as soft fruits and cooked vegetables when baby begins to chew, swallow and self-feed

### OTHER:

- Continue regular bedtime. Most babies will begin to sleep through the night now.
- Encourage sleep hygiene by developing a bedtime routine.
- Teething can start anytime between 4 and 12 months. Orajel, cold teething rings and Tylenol are usually effective at controlling discomfort.
- Baby should be in own crib, ideally in own room
- It is important to schedule time for yourself.
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sunblock for sun exposure. Avoid prolonged sun exposure. Utilize shade devices.

### **USEFUL WEBSITES and Numbers**

[www.brightfutures.org](http://www.brightfutures.org)      [www.aap.org](http://www.aap.org)      [www.kidshealth.org](http://www.kidshealth.org)

**POISON CONTROL 06371-867070 486-7070**

New Parent Support 07031-15-3340/3353

WIC 07031-15-3351

EDIS/Early Intervention 07031-15-2697/2547